

## C3PH Public Health Advisory Council

### Meeting Minutes

**Date:** Tuesday, June 12th, 2018  
**Time:** 10:00 am – 12:00 pm  
**Meeting Leader(s):** Emily Benson, Carroll County Coalition for Public Health, Public Health Advisory Council Coordinator

Attendees introduced themselves, from a variety of community sectors including NH DHHS, NH state government, municipal government, K-12 schools, secondary education, senior center, hospitals, community action program, community health center, community mental health center, faith community, homeless/shelter programs, and other interested community members.

#### Special Presentations:

- **Starting Point:** Raetha Stoddard, Executive Director: [director@startingpointnh.org](mailto:director@startingpointnh.org).
  - Presented a “Domestic Violence 101” powerpoint presentation. *See presentation attached.*
  - Raetha and Starting Point staff have the ability to bring this presentation to other community settings. Please contact Raetha if you are interested.
  - 6000 calls last year serving 600 clients. 7 staff and 20 volunteers using a trauma-informed approach.
  - Starting Point partners with a number of other agencies to serve the needs of their clients such as DCYF, Conway Area Humane Society, County Attorney’s office, Children Unlimited and all county Police Departments, schools, colleges and more based on client needs.
  - Variety of funding sources, most recently raising \$61,000 from “Boots and Bling” Annual Event.
  - At the end of the presentation Raetha did a brief survey of PHAC attendees regarding their knowledge of issues related to domestic and sexual violence and was surprised to learn how many people were NOT fully aware of the complexities of the issue.
  - For more info go to: <https://www.startingpointnh.org/>
- **Carroll County Adult Education:** Crystal Sawyer: Director [cmsawyer@govwentworth.k12.nh.us](mailto:cmsawyer@govwentworth.k12.nh.us)
  - Presented powerpoint explaining their program offerings and ways they can assist adult learners in achieving their education goals and work skills. *See presentation attached.*
  - Program is affiliated with Gov. Wentworth School District but can be accessed by all residents of Carroll County.
  - For more info contact Crystal or go to their website at: <http://www.carrollacademy.net/>
- **Communication Across Barriers:** Mandy McDonald, Conway Elementary School Family Support Liaison and coordinator of *End 68 Hours of Hunger* ( <http://www.end68hoursofhunger.org/find-your-community/new-hampshire/conway/> )

- Mandy attended a *Communications Across Barriers* training with some other SAU9 Family Support Liaisons last summer which focused on helping attendees better understand the challenges people in poverty have in navigating our society as they work to connect with the services and programs to help meet their needs.
- PHAC members watched a video of Dr. Donna Beegle, founder of *Communication Across Barriers*, explain the challenges that people in poverty face:  
[https://www.youtube.com/watch?v=3rAAmg\\_sz4w](https://www.youtube.com/watch?v=3rAAmg_sz4w)
- Mandy would like to connect with other Carroll County providers who would be interested in having Dr. Beegle come to our region as a keynote speaker for an event next fall or winter/spring 2019, as well as those who would also be interested in engaging in CAB's Opportunity Community Model Program:  
<https://www.combarriers.com/opcom> . We already have some great community partnerships underway. Please contact Mandy if you would like to discuss ideas with her. For more information about *Communications Across Barriers* go to:  
<https://www.combarriers.com/>
- Scoop Welch, Area Director of Granite United Way's Central Region, mentioned that Granite United Way's Prudence Pease, GUV's Working Bridges Program Resource Coordinator in the Upper Valley Region can also provide poverty related trainings. For more info about GUV's Working Bridges Program go to:  
<http://rethinkhealthucrv.org/wp-content/uploads/2017/01/Feb-2016-Blog-Working-Bridges-for-ReThink-Health.pdf> . Prudence came to present an introductory poverty awareness training in Carroll County in November 2016 at no cost.

#### Transportation Update:

- **Carroll County Regional Coordinating Council (CCRCC):** Catalina Kirsch, C3PH Continuum of Care Coordinator: [continuum@c3ph.org](mailto:continuum@c3ph.org)
  - Catalina provided brief synopsis of work of the CCRCC. For more info:  
<http://www.nccouncil.org/ncc-committees/carroll-county-regional-coordination-council/>
  - The bi-monthly meetings, facilitated by staff from the North Country Council and led by George Cleveland, Executive Director of Gibson Center for Senior Services ([clevelandgeorgem@gmail.com](mailto:clevelandgeorgem@gmail.com) ) provide an opportunity for people to share transportation updates and review funding opportunities and other news.
  - The CCRCC is updating their resource guide for Carroll County, which should be available this fall.
  - TCCAP's Blue Loon Bus Service is now operating based on a demand response system:  
<http://www.tccap.org/services/transportation/>
  - Joy Gagnon of UNH Cooperative Extension remarked it would be great to have a consistent bus schedule. Unfortunately that is not possible under current funding allocations. There are no state funds available, but may be federal funds.
  - UBER and Lyft are starting to grow in Carroll County.
  - Another resource to explore includes an UBER medical model called UBER Health:  
<https://www.uber.com/newsroom/uber-health/>

- There are a variety of volunteer ride programs available through the faith communities. White Horse Addiction Center also provides limited transportation for those in recovery.
- Lance Zack of White Mountain Restorative Justice recommended contacting local American Legion posts, as they have provided transportation at times.
- For more info contact George or Catalina at the emails noted previously.
- **Additional updates**
  - Emily Benson reported for Jennifer Taylor, Supported Employment Specialist at Northern Human Services (603-447-8096) that many of their NHS clients have transportation issues. Businesses provide transport to J-1 visa employees, but how about locals? How about support for a bike program? Could businesses provide 7, 15, 30-day ride passes as employee benefit? Also noted was that discounts are available for those with physical health issues but not mental health.

### **Housing Update:**

- **Nathan Hall: Lutheran Church Pastor, North Conway ( cell: 434-390-4208 or email: [pastornathanhall@gmail.com](mailto:pastornathanhall@gmail.com) )**
  - Faith community representatives were getting together to focus on emergency shelter issues.
  - They have decided to focus on organizing a day center based on models underway in other communities. They are touring other centers in NH as well as VT, gathering info about the needs they serve, how they do it, what they did right and what they learned that they'd do different as they got started.
  - They are working closely with Jeff Jones, C3PH Public Health Advisory Council Coordinator and BJ Parker, General Assistance Officer for the Town of Conway.
  - They already have access to resources including sleeping bags and tents, but want to help connect people to services they need.
  - There are people who are living in tent communities around the county. Emily Smith-Mossman (Director of North Country Cares: <https://www.northcountrycaresnh.org/> ) and Nathan are going to connect with folks at a tent site to see what services they may need.
  - Emily Benson reminded PHAC members about 2-1-1, the state-wide resource and referral line. For more info go to: <http://www.211nh.org/> . They will be releasing a new website soon, but it is still best to call with questions, as solutions may be needed for other issues.
- **Tri-County Community Action Program Homeless Outreach Program, Rebecca Hewson: Homeless Outreach Coordinator for Carroll County: [rhewson@tccap.org](mailto:rhewson@tccap.org)**
  - Rebecca is helping to coordinate the county-wide housing coalition meetings with her colleague Dawn Ferringo. They plan to schedule the next meeting for a date in July. Please contact Rebecca if you would like to receive notice of their meetings.
  - Rebecca is hearing about a lot more people camping this time of year. She is working with them to find more permanent housing arrangements.
- **Families in Transition's Hope House in Wolfeboro:**
  - Jeannie Burns ([jmburns@fitnh.org](mailto:jmburns@fitnh.org) ), Wendy Lee ([wlee@fitnh.org](mailto:wlee@fitnh.org)) and Terri Spinney ([tspinney@fitnh.org](mailto:tspinney@fitnh.org) ) shared that Hope House is having their Grand Opening on June 26<sup>th</sup> at 2pm. If you are interested in attending please RSVP to their Resource Development Office by Friday, June 22<sup>nd</sup> by calling 641-9441 or [events@fitnh.org](mailto:events@fitnh.org) .
  - Families move in the 1<sup>st</sup> week of July

- For more info about Hope House go to: <https://www.housingbenefitsnh.org/wolfeboro>

**Community Health Improvement Plan Priority Updates:** For details on each of the C3PH CHIP priorities go to: [http://www.c3ph.org/assets/pdf/C3PH\\_CHIP\\_One\\_Pager\\_FINAL.pdf](http://www.c3ph.org/assets/pdf/C3PH_CHIP_One_Pager_FINAL.pdf) . All workgroups will be reviewing their work and evaluation plan updates over the summer.

- **Aging with Connection and Purpose:** PHAC TBD: [phac@c3ph.org](mailto:phac@c3ph.org)
  - Next meeting June 20<sup>th</sup> at TCCAP.
  - Memorial Hospital held the MWV Adult Day Center groundbreaking on 6/5. For more info: <https://mainehealth.org/memorial-hospital/services/aging-senior-care/mount-washington-valley-adult-day-center>
  - Marianne Jackson, Gibson Center Board Member, has been working with getting AARP designation for Mt. Washington Valley region to be certified as an Age Friendly Community: <https://www.aarp.org/livable-communities/network-age-friendly-communities/> . It would be the first NH community to receive this designation.
    - The criteria is based on the World Health Organization's 8 domains of livable communities: <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2015/8-domains-of-livability-resources.html>
      - HomeShare VT is being used as a model for a MWV HomeShare Model: <https://www.homesharevermont.org/> . Thanks to Lance Zack for first mentioning this idea several years ago.
      - For more information contact Marianne at [mjaxnmd@gmail.com](mailto:mjaxnmd@gmail.com)
  - Cheryl Kimball from Huggins Hospital shared that they are holding a NH Leadership Series. For more info contact Cheryl at [ckimball@hugginshospital.org](mailto:ckimball@hugginshospital.org)
    - Monika O'Clair mentioned that Huggins Hospital also has an Adult Center, but it is under-utilized. For more info: <https://www.hugginshospital.org/services/adult-day-program>
- **Public Health Emergency Preparedness:** Jeff Jones: [preparedness@c3ph.org](mailto:preparedness@c3ph.org)
  - Jeff spoke with SkiNH members/local ski area owners at their conference on June 11<sup>th</sup> about trainings and other resources public health emergency preparedness coordinators around the state can provide to ski resorts and their employees and guests. In addition there was discussion about the resources ski areas can provide to their communities in times of need. To find ski areas near your community go to: <https://www.skinh.com/resorts/alpine>
  - He has also been working with ChildcareAware and several of Carroll County's early childcare programs to provide TA and other resources to address any safety concerns in their programs.
  - The next meeting of the Carroll County Regional Coordinating Council for Emergency Preparedness is scheduled for Wed. June 20<sup>th</sup> from 10-11:30am. A call-in option will be available.
- **Chronic Disease:** PHAC TBD: [phac@c3ph.org](mailto:phac@c3ph.org)
  - Heather Phillips: Community Health Program Manager, Memorial Hospital: [HPhillips@memorialhospitalnh.org](mailto:HPhillips@memorialhospitalnh.org) There are ongoing classes in a variety of locations including:
    - New diabetes program starting soon
    - Health coaching for those with chronic disease

- Chair yoga: <https://memorialpophealth.coursestorm.com/course/chair-yoga>
  - Monika O'Clair: Vice President of Strategy and Community Relations, Huggins Hospital: [mclair@hugginshospital.org](mailto:mclair@hugginshospital.org) : Huggins provides similar programs for chronic disease, with special connections made to those clients with behavioral health and SUD's.
  - Rep. Knirk recommended that we investigate more community health models/supports such as Tamworth Community Nurse Association (TCNA) in order to avoid visits to the hospital to begin with. More info about TCNA can be found here: <https://www.tamworthnurses.org/about-us> . They are the only free skilled nursing service in the country. They are funded in a variety of ways: <https://www.tamworthnurses.org/donate> .
  - Beth Dyson, Health Insurance Navigator and Deb Meader, Director of Partners for Health Program ( <https://www.dhhs.nh.gov/dcbcs/bds/sms/pih/> ) shared work underway at White Mountain Community Health Center.
    - They have additional staff who just completed Community Health Worker Training.
    - They received designation as a Federally Qualified Health Center (FQHC) "look-alike". Now they are working on certification as a full FQHC. For more info: <https://www.ruralhealthinfo.org/topics/federally-qualified-health-centers>
    - Deb Meader shared info about the Partners in Health Program at WMCHC: <http://www.whitemountainhealth.org/index.php?page=partners-in-health>
      - Designed for families with children who have been diagnosed with a chronic disease
      - Provide all sorts of help such as funds for over-the-counter meds and camp opportunities.
  - **"Discover Health Functional Medicine Center" Ribbon Cutting and Open House, Friday, June 22, 4-7pm, 24 Pleasant Street, Conway.** The T. Murray Wellness Center, Inc. has been the place to go to alleviate pain for over 12 years and over the past 6 years has grown into the place to go to be empowered to restore and optimize your health. For more info: <http://tmurraywellness.com/discover-health-overview/> .
- **Early Childhood and Early Parenting Support:** PHAC TBD: [phac@c3ph.org](mailto:phac@c3ph.org)
  - Workgroup addressing this priority is referred to as the Carroll County Early Childhood Coalition.
  - Lauren Hunter for Memorial Hospital's New Life Program shared info about the program: <https://mainehealth.org/memorial-hospital/services/childbirth-family-birthing-center/prenatal-substance-abuse-treatment> . It is available to any moms with SUD's, partnering with MAT program at Memorial for the fathers, group therapy, lots of vouchers, childcare on premise. The program has space and most transportation costs are covered. For more info contact Lauren at [lhunter033@gmail.com](mailto:lhunter033@gmail.com) .
  - Increase TA opportunities for trauma-informed care, ACE's and social/emotional supports. Contact Raetha at Starting Point to coordinate a FREE trauma-informed care presentation with Linda Douglas from the NH Coalition Against Domestic and Sexual Violence: <https://www.nhcadv.org/trauma-informed-services.html>
  - CCECC is working to identify for-profit businesses who would like to invest in early childhood system building work to support EC coalitions across the state.

- KReady program distributed books and other resources to 395 children who will be entering kindergarten this fall at our elementary schools across Carroll County. Many thanks to the Believe in Books Literacy Foundation for their generous donation of books!
  - The CCECC also partnered with the Mt. Washington Children’s Museum to celebrate the Day of the Young Child on May 11th. 50 children attended the event (with funding support through VROOM) with their preschool programs as well as through the general public. There is now a permanent VROOM display at the museum, which serves over 17,000 visitors a year, as well as a VROOM link on the museum website.
  - Increasing numbers of families are being referred to the Family Connections Family Resource Center at Children Unlimited to be connected to additional services. Parenting classes have been offered to inmates at the Carroll County House of Corrections as well as to Starting Point clients.
  - New report from the Carsey School of Public Policy is now available regarding the impact of the opioid epidemic on children: <https://carsey.unh.edu/publication/parental-substance-nh>
- **Access to Comprehensive Behavioral Health Services/Continuum of Care:** Catalina Kirsch: [continuum@c3ph.org](mailto:continuum@c3ph.org)
    - Beth Dyson can provide people with info about ways to best use their insurance for behavioral health/SUD’s
    - There is an upcoming Youth Suicide Prevention Assembly. For more info contact Jennifer Selfridge at [prevention@c3ph.org](mailto:prevention@c3ph.org) and/or go to <http://theconnectprogram.org/assembly-youth-and-teen-suicide-prevention> Jennifer also mentioned that the Suicide Prevention Council is looking for volunteers: <https://www.dhhs.nh.gov/dphs/bchs/spc/index.htm>
    - Recently released data in CDC suicide report is not encouraging, but Carroll County does have resources and community relationships that will help in addressing this issue. For review of report go to: <https://www.npr.org/sections/health-shots/2018/06/07/617897261/cdc-u-s-suicide-rates-have-climbed-dramatically>
    - Connect Training is available with NAMI-NH: <http://www.theconnectprogram.org/>
    - Mental Health First Aid Training was recently offered at Memorial Hospital as part of IDN Region7 training program: <https://www.mentalhealthfirstaid.org/take-a-course/>
    - Nancy Dormer, former school counselor and now working with Justice Broderick as part of Campaign to Change Direction NH recommended peer-to-peer suicide training initiatives.
    - Eve Klotz of Northern Human Services mentioned that community members should be aware of the “contagion” affect of celebrity suicides and pay close attention to friends and families who talk about suicide. For more info: <https://www.hhs.gov/answers/mental-health-and-substance-abuse/what-does-suicide-contagion-mean/index.html>
    - Catalina Kirsh mentioned that there will be a Young Adult Leadership Training (for adults roughly 18-25 years old) offered the last week in June and there is still space available. For more info contact Catalina at [continuum@c3ph.org](mailto:continuum@c3ph.org) .
- **Substance Misuse and Addiction:** Jennifer Selfridge: [prevention@c3ph.org](mailto:prevention@c3ph.org)
    - Upcoming Narcan trainings:

- 1<sup>st</sup> Wednesdays at TCCAP in Tamworth.
- Quarterly at Whitehorse and MWV Supports Recovery

### Upcoming Events & Wrap-up

- It was mentioned that organizations in need of furniture/shelving and other household goods should contact MWV Habitat for Humanity: <https://mwv-habitat.org/>.
- PHAC Transition
  - Emily's last day in the office is June 22<sup>nd</sup>. Please change email contact for all future PHAC correspondence to [phac@c3ph.org](mailto:phac@c3ph.org).
  - Job posting **is attached** and will be distributed through PHAC email list as well as to papers. Please share with anyone who might be interested!
  - All questions should be directed to Mary Reed, Senior Director of Public Health, with any questions or concerns. She can be reached at 603.848.6155 or [mary.reed@graniteuw.org](mailto:mary.reed@graniteuw.org)
  - Neil Twitchell, Administrator, Community Health Development Section, NH DHHS Division of Public Health Services, thanked Emily for her service and assured PHAC members that the strong working partnerships they have with each other provides a strong foundation for great work to continue in Carroll County.
- Memorial and Huggins CHNA's process:
  - Monika O'Clair: Huggins Hospital CHNA process is just beginning. For more information contact Monika at [moclair@hugginshospital.org](mailto:moclair@hugginshospital.org).
  - Heather Phillips: Community Health Program Manager, Memorial Hospital: [HPhillips@memorialhospitalnh.org](mailto:HPhillips@memorialhospitalnh.org) . **SAVE THE DATE** for the Memorial Hospital Community Health Needs Assessment Forum slated for Thursday, October 18<sup>th</sup> between 3:00-5:00pm at The Red Jacket, North Conway. Please share the date with those key individuals and contacts you know should be in the room!
- County Health Ranking Webinar: <http://www.countyhealthrankings.org/learn-from-others/webinars/creating-communities-that-thrive-the-intersection-of-public-health-and-community-development>
- Please go to the C3PH website for notice of upcoming events: <http://www.c3ph.org/newsevents/events>

**Upcoming Meeting Dates:** Quarterly on the 2<sup>nd</sup> Tuesdays: Sept 11<sup>th</sup>, 2018 at Runnell's Hall in Chocorua. March 12<sup>th</sup>, June 11th and Sept. 10th, 2019 location TBD.

2018 Annual Meeting will take place on Thursday, November 29<sup>th</sup> from 9-2pm at Camp Calumet.